



THE VEIN & VASCULAR INSTITUTE OF TAMPA BAY

AND NON-INVASIVE VASCULAR LABORATORY

Board Certified Vascular Surgeons
Registered Physicians in Vascular Interpretations



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Sclerotherapy

Sclerotherapy is a procedure used to treat **blood vessels** or blood vessel malformations (vascular malformations), such as spider veins. Sclerotherapy has been used in the treatment of spider veins and occasionally varicose veins for over 150 years.

Sclerotherapy is a high concentrated saline solution that is injected into the vessels, which makes them shrink and eventually dissipate. There will be slight discomfort, the discomfort will not last long. Some describe the discomfort as a bee sting. As a patient you may need several sessions to remove the spider veins completely.

Sclerotherapy is not covered by insurance at The Vein and Vascular Institute, it is a **selfpay** procedure. The costs are as follows:

\$300 per ½ hour session

\$150 per ½ hour session (if you have had a previous procedure in our office by one of our physicians)

You will also need to purchase compression hose to wear 5 days after your session. The cost varies on the hose you choose.

How to prepare:

1. Do not drink alcoholic beverages, and do not smoke, for 2 day before and after your treatment. We ask this because it will impair the healing process.
2. The day of your treatment, shower and wash leg thoroughly. Do not apply any creams or lotions to your legs.
3. To avoid discomfort, do not shave your legs on the day of your appointment.
4. Bring shorts to wear during the treatment or wear a dress. Do not wear tight bottoms, you will be ace wrapped after your treatment. You will wear the ace wraps until the next morning.
5. Do not tan or use bottled tanning lotions 2 weeks before your treatment. (This may limit us visional on seeing the spider veins)

Your appointment is scheduled for: _____ @ _____

Location: (circle)

Lutz

Waters

Spring Hill

Riverview

2809 W. Waters Ave
Tampa, Florida 33614
(813) 348-9088
Fax: (813) 348-9310

19185 N. Dale Mabry Hwy.
Lutz, Florida 33548
(813) 348-9088
Fax: (813) 949-2435

13113 Spring Hill Dr.
Spring Hill, Florida 34609
(352) 540-7527
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3140 S Falkenburg 202
Riverview, Florida 33578
(813) 574-2844
FAX: (813) 605-2065

www.tampavascularsurgeon.com
www.veinandvascularofspringhill.com

Post Op Sclerotherapy Instructions:

1. Immediately following the treatment you will be wrapped with ace wraps. You will need to wear these ace wraps until the next morning. You will sleep in the ace wraps the night of the treatment. The following morning, you can take off the ace wraps and then put on your compression hose. Compression hose should be worn during the day for the next 5 days. The longer the compression hose are tolerated, the better the outcome of your treatment.
2. After your treatment in our office, we highly recommend that you stay off your feet as much as possible the day of your treatment. If you can, go straight home and prompt your legs up for the rest of the day. Try to elevate your legs as much as possible for the next 24 hours
3. You will be able to maintain normal activities. However, avoid standing for long periods of time. No aerobics, heavy lifting or strenuous physical exercises for 2 days following your treatment.
4. Avoid hot showers, saunas and jacuzzis for at least 2 days after your treatment.
5. Avoid drinking alcohol and smoking for 2 days after your treatment.
6. Try to avoid taking blood thinners (unless prescribed for daily use by a doctor) for 2 days after your treatment. (Examples: Aspirin, Ibuprofen and Motrin)
7. Avoid direct sun exposure for 2-5days after treatment, this may cause skin staining at treated area, which may be resolved after sometime.
8. Treated areas may be temporarily tender, slightly red and swollen. You may apply ice directly over the site for comfort. In the event of scabbing, do not pick or remove it; you may apply over the counter topical antibiotics ointments. These effects are rare and very short in duration.
9. Follow any additional instructions and schedule follow-up appointments as indicated by physician.
10. If there is any tenderness in treated areas, you may take Extra Strength Tylenol (according to the package recommended dosage) to help with any discomfort. If the pain persists, call the office at (813)348-9088.
11. After healing, you may use compression hose for long trips, prolonged standing, or when your legs ache

I, _____ understand that all post op instructions have been given to me verbally and in writing. I also understand I have to apply these instructions to get the best result out of my treatment. I'm aware that if I do not follow these instructions that my results may be affected.

Date: _____ Patient: _____

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